And they have a varied repertoire of berries, roots, and herbs from which they prepare simple medicines for their needs. Nowadays they are able to attend the Government dispensary in Aliábád, but its nostrums have not yet undermined their faith in their own home-made remedies. We very much wished that we had possessed some knowledge of medical botany and could have brought home records of their medicine; but like so many other branches of knowledge which we regretfully ignored, it would have been a specialist's job, and we had out hands full enough with our own work and all too little time at our disposal.

During the imprisonment of winter the women cut and stitch the winter cloaks, adorning each long seam with a double row of backstitching, which is not only seemly to the eye but serves to hold the raw edges in place. The stiff, shaped collar is decorated with varied designs, diamonds, triangles, and straight lines in the same backstitch. Happily few of them can yet afford to let Dirzi Nazir replace their time-honoured skill with the soulless, cotton stitchery of his sewing machine. We noted with grief that the beautifully hand-embroidered *chogas* with which the Mir presented us this time all had their seams Singer-sewn, and had thus lost (for us) much of their charm.

With prudent foresight the woman makes the *choga* six good inches too long for its destined wearer, and introduces a deep tuck above its lower edge. It will last at least three years and will shrink in successive washings. You can tell at a glance whether a man is wearing his best, or medium, or oldest *choga* by the depth—or absence—of the tuck. In former days embroidery was the monopoly of the few royal ladies who beguiled the tedium of their too-sheltered life by decorating *chogas* with bold designs in bright-coloured silks, or working raised patterns of gold and silver on velvet saddle-cloths, and above all in elaborating delicate designs in cross-stitch for the crown and border of their lovely little caps. Where we clumsily work cross-stitch with wool on canvas, they painstakingly cross-stitch the individual threads of calico with bright, gay silks. The patterns are infinitely varied—we possess dozens of specimens of this fine work, no two are alike—but

[The Burusho women -- Analyst]

The Pn.inf. refers to the sufferer and the verb is impersonal: it itches me. 000

dayʌčila, dayʌyimi I feel, felt, a sensation of itching. *kiṛo čorwt mɛtʌṣ* (QUB *mɛtʌstsom*) *dimayʌčila* owing to the mosquito(s) biting us we feel a sensation of itching.

dʌγai.ʌs, dʌγayas; dʌγʌč-, dʌγač-.
Impv. *dʌγ'a* neg. *ʌtʌγa*; pl. *dʌγai.in.*
Ppa. *nuṭ'ʌγʌn*, static pc. *dʌγʌm.*
V.i. to hide, take refuge.
Fut. sg. 1st. *dʌγʌčam* 2nd. *dʌγačuma.*
Pret. sg. 1st. *dʌγaiyam.*
yai.iŋs kiṛs pa dʌγ'ʌmi he hid on the near side of the mill. 204.5. Cp. 286.4. *uyawom nuṭʌγʌn kuruṭimi* he sat hiding, taking refuge, from them. 262.18. *nuṭʌγʌn* hiding. 122.2,4,20. *nuṭ'ʌγʌn oṃičʌm* I shall not go away secretly, by stealth. 32.1. (Cs. **-ʌstʌqayʌs*).

dʌγo, dʌγu, pl. *dʌγumiŋ, dʌγoŋ* y. gum (adhesive), glue, H. *ṣɔreṣ* IUB. Sh. *doṣk*. (Sometimes smeared on paper and put over broken ribs). 757

dʌγoʌŋ, dʌγoɯʌŋ y pl. flour. — *dʌγoʌŋ jaćɔrom bitsa* the flour is coarse. *tsiluṃiŋ dʌγoʌŋ* fine flour, H. *maida*. *dʌγoʌn pyɯʌn dosu* bring a little flour. 58.16. *dʌγoɯʌŋ oyom faṣ maiyaṛ taiyaṛ mʌnimi* all the flour has come near to being finished. Cp. 298.9, 306.4,7,13, 338.19. 000

dʌγu dʌγu IUB game played by children with closed eyes, blindman's buff.

dʌγ'uri, unprepared, unfinished, raw, H. *kaća, ɯam.* — *dʌγuri gap* raw hide. 130.6, 158.1. *dʌγu.i ṣɔr bi* it is untwisted thread, H. *kaća.*

d-ʌγorkas d*-ʌγorš-*
d-ʌγoras : d*-ʌγurć* } v. §§ 219 & 222.

107a

7:Tobe C,T-3 (1959)1960 AV7 Burusho AV7
Hunza

salt is causing the present goiter and dental caries situations in Hunza today.

"How would you describe the health conditions of the people of Hunza?" I next asked the doctor.

"Since my coming to Hunza a little less than a year ago, I have treated but a few patients a day and seldom are there more than one or two of the hospital beds utilized at one time. Apart from the greatly increasing incidence of goiter and dental caries, no other disease seems to have a firm hold in Hunza.

"Now that many of the boys and men of Hunza are leaving to go into the army in Pakistan, as well as seeking employment in other adjacent areas, diseases never known in Hunza before are making their appearance.

"Another unfortunate characteristic that I have to contend with is the fact that the people feel quite shy of coming to a doctor for advice and treatment, especially when it is concerned with the personal parts of the anatomy. Actually they are callously indifferent to medical science. The majority of them are, in fact, still living in the bygone age when diseases were supposed to be due to influences of evil spirits. So they depend to some degree and waste much of early precious time in useless superstitious pursuits of driving away the ghost."

These one or two patients that he treats daily have in most cases only minor ailments and, at that, a good share of these come from across the river and from the neighboring state of Nagir.

It occurred to me that there would probably be more illness during the winter. Many cases of eye troubles are treated during the winter, due, primarily, to the fact that most Hunzan homes are smoke-filled, because of the floor center fires and only the hole in the roof to allow the smoke to escape. Visitors invariably find living indoors and the smoke intolerable, but the people of

Hunza are more or less used to it. However, it does cause trouble with the eyes of the natives. It also weakens the lungs of some of the older women, who probably spend most of their time indoors during the cold months of the year. 164

I questioned the doctor and the Mir concerning prenatal care, but from what they told me, I could find no provisions whatsoever made for prenatal care outside the individual home. 843

The death rate at childbirth, they told me, was next to zero, but the doctor also mentioned that a woman would not consider going to a doctor for gynecological reasons under any circumstances. She would rather die. He also told me that before and after delivery of a child, Hunzan women do not know of any rest. The pregnant woman works harder and does more laborious jobs till the last day of the term, in the belief that hard and laborious work makes delivery easier and uneventful. 165 845 757 843 846

"But," he went on, "they are very careful in exerting themselves during the early days of conception. After delivery they are again up and doing again, only after a short rest."

It seems to be obvious that the method followed by the women of Hunza prior to childbirth "works" because both mother and child come out of it "uneventful." When events occur at such times, it usually means serious trouble. 843

He went on to tell me further that gallstones, renal calculus, coronary heart disease, hypertension, valvular lesions, myxoldeama thyrsotoxcasis, mental deficiencies, cancer, poliomyelitis, arthritis and diabetes are absolutely unknown in Hunza. 164

From what I have seen and gathered I am worried about the situation. They are now importing their sugar, 177 263 439

7:Tobe C, T-3 (1959)1960 AV7 Burusho AV7
Hunza

value to the people of Hunza? Let's examine them. 000

Let's start with pasteurization. Well, it would be very difficult to pasteurize in Hunza. First of all, they don't have the means of providing the required heat. Besides, they don't suffer from any conditions which pasteurization would cure—if it does cure anything. 744

How about hospitalization? Well, they have a comparatively new, modern hospital in Aliabad, but the people don't use it very much. They distrust the hospital and they distrust the doctor, even though he is a fine capable fellow. Besides, I did not notice, particularly, any sick or ailing people sitting around, waiting for a hospital bed. 743

Then how about inoculations? To begin with, what would you inoculate them against? They don't seem to have many, if any, of our diseases. Then, too, there are no inoculations against cancer, diabetes, heart disease, arthritis and such, anyway. Oh, yes . . . besides, these diseases have never been known in Hunza . . . not even poliomyelitis. 751 164

The Mir has a huge medicine chest that was given to him by the German expedition, which was stationed across the river in Nagir. Yes, it did prove most useful —for it helped a man get well. However, I must admit rather dejectedly that the man the medicine chest helped was my companion and not a citizen of Hunza. 757 177 123

They could use a dentist and right here you have struck gold! However, it would be most difficult to get a dentist to set up shop in Hunza, unless he were given room in the Mir's residence, for that's the only place where electric power is provided . . . unless the dentist didn't mind going back to the old days when the old foot pedal was used for power. 759 164

But let's be realistic about it! Wouldn't it be much better to give the people of Hunza back their old [263]

[P. 41-A]

114 Western equipment. (Training in anat-
123 omy, some concentrated informal studies of Asian diseases, plus previous experience, made this possible for me. In addition, I ran three experimental gardens and founded a craft school. with the Mir's approval.)

164 Bohar had developed scurvy, after
146 which staphylococcus infected the
123 gums and abscessed the roots of his teeth; the abscesses had then eroded downward through the jawbone and out through the flesh and skin. After washing out the sores, I gave him vitamin C tablets to stop the scurvy, and vitamin D with calcium lactate to cure the rickets that were stiffening his knees. The old man was by no means
• [752] atypical. My dispensary was always beset by lines of waiting patients, all with afflictions that belied popular beliefs about "the Healthy Hunzas."